

## NC Family Caregiver Support Program Best Practices

Name of project/activity: "Aging with Gusto" Family Caregiver Program Service Category(ies): Cat. III.	
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Description: Prior to the onset of the Family Caregiver Support Program County Cooperative Extension Programs had developed "Aging with Gusto" programs presenting many topics of interest during one day annual events. In Region K we have supported and expanded these events and have added Family Caregiver Support Program information and awareness topics to the sessions. Now all three "Aging with Gusto" programs annually include a "Caregivers" track as a "common practice". Programs have included: Resources for caregivers, Adaptive tools and Technology, Medication management, Alzheimer's Information and End of Life Issues. Allowing them and others to institutionalize Family Caregiver Support Programs into existing or expanded programs has greatly increased both awareness and useful information.	
Expected Outcome(s) 1. Provide Awareness of Family Caregiver Support Initiatives 2. Provide Annual Information and/or training to community members 3. Encourage and support other agencies to provide caregiver information	
Target population: Caregivers in each county age 60 and over.	
Community Partners Involved: County Cooperative Extension Offices, County Aging Offices, Facility Providers	
Funding Sources and other support: Funding comes from Cooperative Extension, local businesses and a small registration charge.	